National School Lunch Week At Pamplin Elementary School

Kindergarten and First Grade Students at Pamplin Elementary School celebrated National School Lunch Week by inviting their mothers to have lunch with them one day during the week at school.

The theme for the week was "You Are What You Eat." Cafeteria employees, teachers and paraprofessionals work together to encourage children to try new foods and to develop good cafeteria manners.

Mothers having lunch with their children on Thursday, October 18th, were Mrs. Ruth Caldwell, Mrs. Mary Bailey, Mrs. Betty Tolley, Mrs. Martha Robertson and Mrs. Wanda Reed. Mrs. Reed has twins in kindergarten and a daughter in the first grade. She also serves the school each week as volunteer mother.

Cafeteria employees who provide nutritious lunches for PES students are Mrs. Bertha Dickerson, Manager; Mrs. Elizabeth Covington, and Mrs. Ruby Almond.

4-H/CRD Youth In Action

by Karen J. Green

4-H/CRD Youth in Action is here in Appomattox County to develop an educational program to help youth learn about and take action in their community to improve the quality of their environment.

Environment here means the sum total of all physical, social, and mental aspects of the individual's life surroundings.

Youth and their adult leaders will learn to develop an understanding of and appreciation for the various aspects of communities and how those aspects function to provide for the needs and wants of the citizens.

Education of our youth will be done primarily through adult and teen volunteer leaders in our 4-H clubs throughout the county.

In the early days efforts to improve communities consisted of folks working together to build houses, barns, churches, and schools and to hire preachers and teachers. From these early beginning folks have identified other needs (i.e. water and sewage systems, sanitary landfills, public recreation programs, industry, etc.). It is quite evident that the needs of the people have changed.

Take a close look around your community. Are your surroundings as nice as you would like them to be? If not, what are you as a citizen of Appomattox County going to do about it? You could leave it for someone else to do, couldn't you. Better yet, why not be a concerned citizen. Get busy and help your youth do something worthwhile for your community.

Your county extension office is open to anyone who needs assistance. Please call or see Mrs. Karen J. Green if an area of your community if a concern to you.

YOUNG FARMER FORESTRY JUDGING CONTEST SET

The 1973 Southside Area Young Farmers of Virginia Forestry Judging Contest will be held near the Buckingham County High School, Thursday, October 25.

Young Farmer teams from fourteen counties have been invited to participate in the annual event. The winning team will represent Southside Virginia in the state contest in November.

The contest will be made up of tests in estimating board feet volume of standing timber, tree identification, timber stand improvement, determining tree values and woodland management.

H. E. Maxey, instructor of agricultural education in the Buckingham County High School, is in charge of local arrangements.

Homemaker Hints

by Shirley W. Walton

An apple a day ....

One of our favorite foods is forever being used in everyday speech.

Apples are a part of meals and snacks throughout the world. One of the main reasons for this is that the apple is considered the most versatile of all fruits. It can be used raw or cooked in many taste tempting dishes.

Always keep in mind the following factors when buying apples:

Always keep in mind the following factors when buying apples: maturity, condition, variety and intended use. Purchase firm and crisp apples with good color for that particular variety. Remember to store them in a cool, moist place, preferably in the refrigerator.

When preparing apples in your favorite recipe some general estimates to use would be–1 pound of apples will be three medium apples, 1 pound of apples will make approximately 1⅔ cups of applesauce and 6 to 8 medium apples will made a 9 inch pie.

Thanks to "controlled atmosphere storage," in which temperature, humidity, and gases are all regulated, apples are available year-round. But they're usually less expensive when bought in season. So for the sake of your food budget, plan to use the different varieties when they're most plentiful.

RECIPE OF THE WEEK

Cranberry goodin' Puddin'

1 c. fresh cranberries
¼ c. sugar
¼ c. chopped walnuts or pecans
¼ c. butter ormargarine, melted
1 egg
½ c. sugar
½ c. flour

Grease well an 8 or 9 inch pie plate. Spread cranberries over the bottom of the plate. Sprinkle with ¼ cup sugar and nuts. Beat egg well. Add ½ cup sugar gradually and beat until thoroughly mixed. Add flour, melted butter and shortening to egg-sugar mixture. Beat well. Pour batter over top of cranberries. Bake in a slow over (325 degrees F.) for 45 to 60 minutes or until crust is golden brown. Cut like pie. Serve Serve either warm or cold with generous scoops of vanilla ice cream.

Enlarge Thy Tent

Enlarge the place of thy tent, and lets stretch forth. The curtains of thine habitations: Spare not, lengthen thy cords, and strengthen thy stakes. Isaiah 54:2.

The security of a tent is in the length of its ropes and the strength of its stakes. Those who have pitched tents for Evangelistic meetings or camp meetings can appreciate the meaning of Isaiah's words .

What are the stakes and cords that assure security for the Christian? One immediately thinks of faith and love without it - it is impossible to please God. Without love, there is no desire to serve Him.

Isaiah urged Israel to enlarge the place of their tents, to stretch forth the curtains of their habitations. Canaan was the place of their tent. As the members of Israel increased they were to enlarge their borders until their Kingdom should embrace the world. Israel did not carry out its divine mission. They became self-centered, proud, selfish. The cords were shortened and the stakes weakened. Eventually the nation was scattered to the ends of the ends of the earth absorbed by the world instead of encompassing the world with God's message of Salvation. What a pity Israel did not follow God's counsel: If they had the history of the world would have been different.

To become a part of God's kingdom we must do His will on earth. His Spirit will show us His will and help us to do it. We must lengthen the cords, show greater faith in Him and His promises. Using the abilities He has given us. We must expand our efforts to finish His work by sending the gospel message to all the world, or habitation. We must overcome the world or the world will overcome us.

If we would expand our habitation by lengthening the cords we must strengthen the stakes. We must have more love for mankind until the love of Jesus is implanted in the hearts of our fellow men. The stakes of God's love must be driven deep into our hearts. Only thus will cords hold. God the great tent-master, is examining the cords and stakes of our habitation. What will He find? When Jesus comes to claim His own.

Sent in by Mrs. Annie R. Fore. PR Secretary for the "Little Friendly S. D. A. Church" on Court St. in Historic Appomattox, Va. Sabbath School 10:00 a.m. Worship 11:15 Come: All are welcome.

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St. Anne's To Hold Bazaar Saturday

Ladies of St. Anne's Episcopal Church will hold their first bazaar from 9 a.m. to 5 p.m. on Sat., Oct. 27th, in the "cellar" behind the church.

They will offer for sale home-made and home-baked goods such as jams, jellies, pickles, dried flowers for arrangements, Christmas wreaths and many other items. Christmas decorations will be on sale and also gift items.

A table show with just a few of the many things St. Anne's Ladies have for sale on Saturday are, from left to right, Mrs. Loe-Mrs. Eleanor Scott and Liza Gray.

The ladies invite everyone to stop by and see just what they have to offer. Just may help out with your Christmas list.

...inated Teacher of The Year

Mary Grey Holland has been selected from Appomattox County High School as a candidate for the State Teacher of the Year Award. Mrs. Holland graduated from Appomattox County High School in 1950. She graduated with honors and at that time went on to Lynchburgh Mason Women's College. She graduated from there in 1954 with honors, and began her teaching career at that time unmarried. She were not allowed to be married teachers, so from 1934 to 1957 Mr. Holland served as a volunteer and substitute teacher, but she did begin her career as a full time teacher in 1934.

In 1957 Mrs. Holland married Mr. Holland and in the following years they had two children. She was out of teaching for several years, working very little in the line of staying closely related to school work and volunteering for various school programs. In 1942 Mrs. Holland became back to Appomattox as a teacher. About that time World War II began and Mr. Holland went away from home for a few years with the Armyland, and then spent several years as a mother bringing up her sons and also a later born daughter.

In 1954 Mrs. Holland returned to Appomattox County High School. During her stay here as a teacher Mrs. Holland has also sponsored many clubs and organizations. She was sponsor of the Beta Club, an Honor Club, for ten years. She has been, of course, Math-Science Department Chairman. She was Senior Class sponsor for a number of years and as of this year she sponsors the National Honor Society. She also serves on the Annual School Plan Committee. She is on the Evaluation Committee and also serves in many capacities to assist the school where ever assistance might be needed.

Mary Grey Holland

Mrs. Holland has influenced the lives of many people during her time as a teacher. She has dedicated and devoted her life to the growth of young people. Although she teaches very hard subjects she never forgets that she is working with young people and that these people are trying their very best to accomplish goals in life. The center of her class is not the subject. The center of her classroom is always students.

We are sure here at the High School that many of you who are reading this now might be interested in seeing Mrs. Holland receive this state award. If you would like to be a part of this please write to the High School a letter indicating your feeling concerning Mrs. Holland. If she has helped you in you in your growth and development to make you a little more successful person, if she has provided for you values in life that have assisted you along your way whatever carer you have chosen, please take time to write a short letter to the High School and those letters will be sent along to the State Evaluating Committee in order that she have an oportunity to receive this high award.

Mrs. Holland has already expressed to the staff of Appomattox County High School that being nominated for this award is indeed a very honor for her. We do not believe that she should just be nominated for the award here in the county, we believe that she deserves the state recognition. Mrs. Holland is truly a dedicated teacher who deserves all the accolades that could possibly be placed on her. To be a part of this please submit letters to Appomattox County High School. Let us be sure that Mrs. Mary Grey Holland is not just Appomattox County Teacher of the Year but that she be considered Teacher of the Year in the Year in the State of Virginia.

Thank you for your cooperation.

C. B. Tillery

SUPPORT YOUR RESCUE SQUAD

Social Notes

Mrs. William C. Poston returned Saturday from a visit with her daughter, Mrs. Richard Siebenaller and family in Detroit, Mich. She also spent a few days with her son, Bill and wife in Vienna, Va. They accompanied her to Appomattox and spent Saturday night, returning to Vienna Sunday afternoon.

J. Lloyd Hudson and Miss Mabel Hudson spent Monday of this week in Keysville where they visited their sister, Mrs. R. R Bowen.

Mrs. Rachel Lawson, Mrs Watt Abbitt, Mrs. Nettie Martin, and Mrs. Elaine Spencer and her daughter, Mary Yancey, left on Tuesday for Virginia Beach where they will spend several days.

Lloyd Hudson spent several days this week in Clarksville with relatives.

Mr. and Mrs. S. J. Evans have returned home after spending a week in Newport News with their son-in-law and daughter, T/Sgt. and MrsW. C. Newcomb and family.

MRS. LEONARD HARRISON GOIN
the former Miss Kathleen Riddle

Announce Marriage

The marriage of Kathleen Riddle to Leonard Harrison Goin took place on October 17, 1973 at Appomattox by John C. Caldwell.

The bride is the daughter of Mr. and Mrs. Aubrey Riddle of Lynchburg, Va. The groom is the son of Mr. and Mrs. Willis Harrison (Bert) Goin, of Appomattox.

The couple will make their home in Appomattox, Va.

Halloween Party At Evergreen

The Evergreen Ruritans will sponsor their annual Halloween Party at the Evergreen Ruritan Building on Sat., Oct. 27, at 7 p.m.

There will be costume prizes, country music, cake walks and fish pond. There will also be hamburgers, hot dogs, popcorn, candy, cakes and pies for sale.

The public is invited.

Happily Shopping and Saving with WANT ADS

Social Notes

Mrs. Gayle B. Spiney and children, Michael and Andrea of Greensboro, N. C. spent last week with her mother, Mrs. Ama Lee Godsey. Mr. Spiney joined them for the weekend.

Mary Anne Wheeler and Mrs. Ruth M. Wheeler spent last week with Mrs. H. E. Burge of Hopewell and Mr. and Mrs. Raymond Hamilton of Richmond. They also visited Williamsburg.

Mr. and Mrs. T. R. Kester, Mrs. Viola Franklin and Mrs. Vergil White have returned home after spending several days with her sister, Mrs. Myrtle Gilmore and family, of Bristol, Va.

T/Sgt. and Mrs. W. C. Newcomb and Cindy and Scotty of Newport News, spent the past week end with their parents Mr. and Mrs. S. J. Evans of Appomattox and Mrs. A. C. Newcomb of Lynchburg.

Mr. and Mrs. Lawrence Franklin and two childrens of Prospect, and Miss Deborah Cooter of Cullen were guest in the home of Mr. and Mrs. Clarence Franklin Sunday.

Variety Show Coming Soon -

The Junior Chapter Future Homemakers of America will hold a variety show on November 16, 1973 at Appomattox Intermediate School. Any person wishing to participate is encouraged to do so. No matter what your talent, please sign up. Call 352-2554 from 8:30 -3:30. After 3:30 call 352-7230.

Announce Birth

Mr. and Mrs. H. C. Pulliam, Jr., of Richmond, announce the birth of a son, Samuel Carrington Pulliam, born October 21, 1973.

Paternal grandparents are Mr. and Mrs. Herbert Pulliam, of Appomattox.

Presents Book To Library

Mrs. W. T. Torrence, Garden Center Chairman for the Appomattox Garden Club, on the left, presented a book, "Creative Designs with Dried and Contrived Flowers" by Ester Hamel, to Mrs. Marvin Glover, County Librarian, on the right.

The book was given to the library by the Appomattox Garden Club in memory of Mrs. Leslie N. Ligon, a former member of the club.

LOCAL MEMBERS ATTEND DISTRICT GARDEN CLUB MEETING

Mrs. Howlette Martin, Miss Mary Edith O'Brien, Mrs. Reid Shields, Mrs. Curtis Wilson and Mrs. C. T. Moses, Jr., members of the Appomattox Garden Club, were delegates to the fall meeting of the South Central District, Virginia Federation of Garden Clubs, at its meeting in Altavista, Virginia on Wednesday.

TIPS ON QUITTING CIGARETTES

1. Pick a Q (Quit) Day.
2. Switch to a low tar-nicotine brand, and begin to cut down BEFORE Q Day.
3. Keep a supply of substitutes handy: mints, gum, celery, carrot sticks.
4. Quit on Q Day; use substitutes when the urge to smoke is strong; keep busy; pamper yourself with special meals; drink plenty of water; exercise.
5. Renew your resolve daily. Think over the health hazards of cigarettes.
6. Plan a treat for yourself with the money you used to spend on cigarettes.

Coincidences In both May and August of this year, Virginia traffic deaths numbered 106.

UDC Meeting

The Appomattox Chapter of the United Daughters of the Confederacy met on October 18 at 7:30 p.m. at the County Library.

An Award of $25.00 was won by the Chapter at the Division Convention in Danville for having the most new members for the year.

Speaker for the evening was Mr. Sam Hudson, affiliated with A. G. Jefferson, Inc. of Lynchburg, Virginia and a member of the Lynchburg Lion Club. Mr. Hudson presented a film and explained how the Old Dominion Eye Bank works, from the time of the death of the donor to the new sight of the donee. Donated eyes are also used for research. Cards were distributed to the members to fill in and send to the Eye Bank if they wish to be donors at death.

The next meeting will be on November 15.

One Fire Call Answered

During the week of October 15th, volunteers of the Appomattox Fire Department received only one fire call.

On Wednesday, October 17th, one truck and ten men responded to a call at 7:15 p.m. for a car fire.

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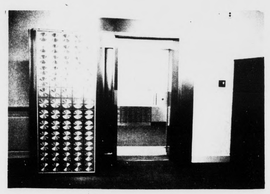

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